

Thomas M. Menino  
Mayor



Daphne Griffin  
Executive Director

## **The BCYF Recreation Center at Madison Park is pleased to offer swimming instruction for children!**

### **Are you looking for swim instruction for your child aged 5-13?**

Beginner and Intermediate instruction will be offered March 20<sup>th</sup> through May 29<sup>th</sup>.

Learn the basics of swimming:

#### **Beginner**

**Breathing:** *Bubble blowing, Head bobs*

**Kicking:** *Stationary wall kicking, Kickboard (Flutter & Frog)*

**Stroking:** *Front crawl stroke, Breast stroke*

**Technique:** *Gliding, Deep water safety, Beginners diving clinic*

#### **Intermediate**

**Breathing:** *Rotary breathing, Deep breath exercise*

**Kicking:** *Kickboard, (Flutter, Breast, Dolphin), Rotary/ tread kick*

**Stroke:** *Freestyle/front crawl, Breast stroke, Back stroke*

**Technique:** *Streamline/gliding, Push-starts, Diving clinic, Water tread (no hands)*

Session I (Beginner) runs Wednesdays 5pm-6pm March 20<sup>th</sup> to April 24<sup>th</sup>.

Session II (Intermediate) runs Wednesdays 5pm-6pm May 1<sup>st</sup> to May 29<sup>th</sup>.

**COST: \$25 includes center membership (money orders ONLY made out to the Foundation for Boston Centers for Youth & Families)**

For more information, please contact 617-635-5206 x113 or 617-635-5206 x108.